



Black Country Rainbow Hour Toolkit

#BlackCountryRainbowHour

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WHAT IS THE BLACK COUNTRY RAINBOW HOUR?

We want to encourage all schools across the Black Country to incorporate wellbeing at the heart of all learning for their pupils. This campaign seeks to encourage all schools in the Black Country to commit and provide all pupils access to one hour of wellbeing and physical activity each day, whether that's those returning to school or those pupils still learning remotely from home.

The campaign seeks to build on and support schools through Barry Carpenters (CBE) concept of a 'Recovery Curriculum' that considers how the current climate is affecting our children, young people, families and colleagues. (<https://www.recoverycurriculum.org/>). All pupils, particularly those with trauma, difficult home situations and anxiety need support now more than ever. Abrupt change can trigger stress and leave mental scars.

The Rainbow Hour seeks to prioritise the well-being of all young people across the Black Country by dedicating an hour a day to help address this current national crisis. The campaign seeks to build confidence and strengthen the support young people have had during this time through positive physical, mental, social and emotional companionship, challenge and fun.

The Rainbow Hour is flexible in format so schools can tailor it to their school day (split into various intervals or a one-hour block). The campaign will support schools by:

- Providing resources and ideas for schools to deliver during their 'Rainbow Hour'
- Create a movement and encourage as many schools to sign up as possible
- Share best practice on what others schools are doing for their 'Rainbow Hour'

The campaign comes in 3 parts and includes:

1. RAINBOW HOUR WEBPAGE

The campaign will see specific webpages set up dedicated to all things 'Rainbow Hour'.

The page can be found at www.blackcountryrainbowhour.co.uk

The webpage includes everything you need to know about the Rainbow Hour including access to the resources and the Rainbow Bus. As part of the campaign we are seeking to get all schools in the Black Country to pledge and commit to delivering the Rainbow Hour every day.

[Click here to pledge your support for the campaign](#)

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2. RAINBOW BOOKLET

The Rainbow Booklet will provide a range of wellbeing and physical activities for delivery in schools as part of their Rainbow Hour or can be shared with pupils still learning from home. A new edition will be released every two weeks with a range of new activities for Early Years right the way through to Year 13 pupils.

All activities within the Rainbow Booklet will follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- Allows **Communication** (helps with healing and coping).
- **Consistently** applied as young people need routine and consistency.
- A range of activities that give pupils a sense of **Control** which prevents them from being consumed by emotional reactions.

The resource:

- Can be used electronically or printed to send home for those without computer access
- Will be updated bi-weekly with new activities
- Provide further links to additional material
- The ability to download into multiple languages for EAL pupils
 - **Red** - Fielding and Striking Activities
 - **Orange** - Ball Skills Activities
 - **Yellow** - Move More Activities
 - **Green** - Outdoor Activity
 - **Blue** - Mental wellbeing and mindfulness activities
 - **Indigo** - Personal Challenges/Multi Skills Activity
 - **Violet** - Celebration and Creative Activities – linked to a theme

[Download a copy of the Rainbow Booklet here.](#)

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3. BLACK COUNTRY RAINBOW BUS (to be launched September 2020)

Celebrating schools commitment to the campaign the Rainbow Bus will be going on tour to provide a Rainbow Hour of wellbeing and enrichment activities at schools across the Black Country.

The bus will provide children at your school with various enrichment activities and opportunities from local Black Country deliverers including self-employed and businesses who have been impacted by the Covid-19 outbreak.

The programme of activity will last for one hour at each school and will reach all areas of the Black Country. An example of some of the programme of activities can be found in the table below:

<i>Rainbow Bus Enrichment Programme</i>			
Circus Skills and Activities	Multi Skills Physical Activity Stations	Creative and mindfulness activities such as Kite flying/Puppetry	The latest health and wellbeing guidance in relation to Covid-19
Cheerleading/Dance	Healthy Eating Resources and Guidance	Non-traditional sporting taster sessions	

Further details will be available in due course at www.blackcountryrainbowhour.co.uk

WHERE CAN I FIND BLACK COUNTRY RAINBOW HOUR?

We have dedicated webpages set up to promote and shout about everything Rainbow Hour. This can be found at: www.blackcountryrainbowhour.co.uk

You can also follow the Rainbow Hour on Twitter, Facebook and Instagram by using and following the hashtag **#BlackCountryRainbowHour**

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HOW CAN I SUPPORT THE BLACK COUNTRY RAINBOW HOUR?

If you think this campaign is something your school community would find useful, please feel free to share it with them. We've listed a few suggestions below:

1. Sign up and pledge your schools support at www.blackcountryrainbowhour.co.uk
2. Download the **Rainbow Resource Book** for ideas on activities
3. Get planning and delivering your Rainbow Hours
4. Share our and your social media posts using **#BlackCountryRainbowHour**
5. Publish the press release on your website
6. Add the information to any school or education webpages you may have
7. Share it in your parent school newsletters
8. Contact the schools, school teachers and School Games Organisers and partners in your database to make them aware of the campaign, so they can share
9. Register your interest in the **Rainbow Bus** visiting your school

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HOW CAN I MAKE A DIFFERENCE?

Headteachers and teachers

- Pledge your school's support
- Plan your Rainbow Hour for **all** pupils at school or home **each day**
- Download and share the rainbow booklet for those pupils still at home
- Talk to other schools about the Black Country Rainbow Hour
- Encourage all members and external delivery partners of the school to be involved

Governors

- Check, challenge and encourage your primary school if they are not involved to provide a daily Rainbow Hour of activities
- Share and promote your Black Country Rainbow Hour ideas and activities on social media in newsletters and on your school's website

Parents/carers and Family

- Use the Rainbow Booklet to ensure children and young people at home can experience the Rainbow Hour every day
- Check, challenge and encourage your primary school if they are not involved to provide a daily Rainbow Hour of activities
- Encourage your children to share what activities they did in their Rainbow Hour each day

Partners

- Utilise your education networks to raise awareness of the campaign and encourage schools to pledge their support
- Utilise networks to promote innovative ideas for rainbow hours and local best practice

External School Deliverers

- Take a look at the Rainbow Booklet for some ideas and inspiration!
- Encourage schools you are working in to sign up and pledge their commitment
- Be creative with your delivery in schools. Use the rainbow themes to develop sessions!
 - **Red** - Fielding and Striking Activities
 - **Orange** - Ball Skills Activities
 - **Yellow** - Move More Activities
 - **Green** - Outdoor Activity
 - **Blue** - Mental wellbeing and mindfulness activities
 - **Indigo** - Personal Challenges/Multi Skills Activity
 - **Violet** - Celebration and Creative Activities – linked to a theme

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PROMOTIONAL RESOURCES

To hopefully make life easier, we've created some resources to support the promotion of the Black Country Rainbow Hour.

- The [Rainbow Hour Logo](#)
- A [launch press release](#), featuring quotes from some of the partners involved
- A [press release example for schools](#) to share that they have signed up to the Rainbow Hour
- Text for [newsletters, emails or webpages](#)
- Suggested [social media posts and graphics](#)
- An [email signature graphic](#) that can be used

All the above resources can be downloaded from <https://bit.ly/3byqyRC>

Website – <https://www.blackcountryrainbowhour.co.uk>

Twitter account – <https://twitter.com/BCbeactive>

Facebook - <https://www.facebook.com/ActiveBlackCountry/>

Instagram - <https://www.instagram.com/activeblackcountry/>

Hashtag - **#BlackCountryRainbowHour**

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SOCIAL MEDIA POSTS

We want to get teachers and schools to share the Black Country Rainbow Hour as wide as possible. We'll emphasise how this relates to the school curriculum.

We are aware there are likely to be a number of different audiences as part of the campaign, and will tailor messages accordingly.

The main strapline for the Rainbow Hour campaign is:

Black Country Rainbow Hour - Putting wellbeing at the heart of all learning for Black Country children and young people

General

Here are a few suggested social media posts, they can also be found [here](#).

We love these #BlackCountryRainbowHour activities for #children - a great way to keep active whether you're at school or at home. Find out more here: <https://bit.ly/2zkK3Ad>

Despite the easing of #lockdown and schools starting to return, you might still be struggling with your #MentalHealth. #BlackCountryRainbowHour has some fun ways to look after your child's wellbeing <https://bit.ly/2zkK3Ad>

Children should be active for at least 60 minutes every day (that way parents can get another 30 minutes sleep every night...). Get some ideas for activities with #BlackCountryRainbowHour at <https://bit.ly/2zkK3Ad>

We can't believe #BlackCountryRainbowHour is now live and available for you to download! If you've not yet pledged your support, it's not too late. Visit us at <https://bit.ly/2zkK3Ad>

What's motivating you this Monday? Start the week the way you mean to go on, check out #BlackCountryRainbowHour and support the pupils in your school to stay active and improve their mental wellbeing <https://bit.ly/2zkK3Ad>

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During this time it is still very important to keep #active both for good mental and physical health that's why we are delighted to be launching #BlackCountryRainbowHour. A great resource for all pupils <https://bit.ly/2zkK3Ad>

For Schools

Here are a few suggested social media posts, they can also be found [here](#).

{SCHOOL NAME} has just pledged support for #BlackCountryRainbowHour. We can't wait to get involved and give our pupils access to 1 hour of wellbeing and physical activity each day! You can too at <https://bit.ly/2zkK3Ad>

During this time, it is still very important to keep active both for good mental and physical health, that's why we are delighted to be supporting #BlackCountryRainbowHour. Visit <https://bit.ly/2zkK3Ad> and pledge your support

We are delighted to support #BlackCountryRainbowHour and have pledged the support of our school to offer one hour of #wellbeing and #PhysicalActivity every day for our children and young people. <https://bit.ly/2zkK3Ad>

We love these activities for #children - a great way to keep active whether you're at school or at home. Take a look at #BlackCountryRainbowHour to find out more!
<https://bit.ly/2zkK3Ad>

Despite the easing of #lockdown and schools starting to return you might still be struggling with your #MentalHealth. #BlackCountryRainbowHour has some fun ways to look after your child's wellbeing! <https://bit.ly/2zkK3Ad>

For Parents/Pupils

Here are a few suggested social media posts, but more can be found [here](#).

If you're looking for something fun and active to help the kids use all that extra energy, download the #BlackCountryRainbowHour Activity Booklet <https://bit.ly/2zkK3Ad> for some great activity ideas!

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We love these activities for our #children - a great way to keep active whether you're at school or at home. Take a look at #BlackCountryRainbowHour for some #fun inspiration!
<https://bit.ly/2zkK3Ad>

For External School Deliverers

Here are a few suggested social media posts, but more can be found [here](#).

As a provider of #sport and #PhysicalActivity opportunities to #BlackCountry schools, we are delighted to be supporting the #BlackCountryRainbowHour campaign. Take a look at the website for more details <https://bit.ly/2zkK3Ad>

We are delighted to support #BlackCountryRainbowHour and have pledged the support of our organisation to offer #wellbeing and #PhysicalActivity to #BlackCountry children and young people <https://bit.ly/2zkK3Ad>

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NEWSLETTER, EMAIL OR WEBSITE TEXT

Here are some short bits of text that you could use in newsletters, on websites or in emails.

Physical education and Early Years specialists from across the Black Country have come together to provide schools and parents with the resources to offer all pupils access to one hour of wellbeing and physical activity each day.

The Black Country Rainbow Hour is a fun way for schools to ensure their pupils stay active. [Check it out here.](#)

Keeping active and healthy in these strange times is really important, and that's why the Black Country Rainbow Hour is a useful way to quickly put together activities to entertain and burn off some of that energy.

The Rainbow Hour can be done in school but can also be used to educate the kids at home. [Check it out.](#)

If you're trying to get the balance between educating and entertaining the kids at home, then you're not alone!

The Black Country Rainbow Hour is a fun way to engage young people in health and wellbeing activities at home or at school.

Take a look at the resources and see what activities you would like to have a go at. [Click here for more details.](#)

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PRESS RELEASE – Campaign Launch

Schools Across the Black Country are urged to Pledge One Hour of Wellbeing and Physical Activity Every Day for all their Pupils

- **New Black Country Rainbow Hour campaign launched**
- **Encouraging all schools to pledge 1 hour of wellbeing and physical activity every day**
- **A range of activities are available in the Rainbow Booklet to support pupils and home or at school**

The Black Country Rainbow Hour, launched today, Thursday 28th May 2020, encourages schools to provide all pupils with access to one hour of wellbeing and physical activity each day, whether that's those returning to school or those pupils still learning remotely from home.

The campaign has been developed in partnership with the Black Country Local Authorities to ensure it can be taken Black Country wide with the concept evolving through the work of ConnectEd Partnership and School Games Organisers across the Black Country to ensure all young people get access regardless of postcode.

The Black Country Rainbow Hour seeks to prioritise the well-being of all young people across the Black Country by dedicating an hour a day to help address this current national crisis. The Rainbow Hour seeks to build confidence and strengthen the support young people have had during this time through positive physical, mental, social and emotional companionship, challenge and fun.

The Black Country Rainbow Hour campaign incorporated numerous elements:

- A webpage dedicated to all things 'Rainbow Hour' where schools and organisations can sign up and pledge their support to the campaign www.blackcountryrainbowhour.co.uk
- A Rainbow Booklet which provides a range of wellbeing and physical activities and ideas to support delivery of the Rainbow Hour in Schools. The booklet has been designed so it can be shared with pupils still learning from home so all children can experience a daily Rainbow hour.
- A Rainbow Bus which will be going out on tour across the Black Country to deliver a Rainbow Hour of wellbeing and enrichment activities at schools from September 2020 (onwards).

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The **Physical Activity and School Sport (PASS) team in Wolverhampton**, who were integral in developing this campaign, said:

“It is now more than ever vitally important to support the wellbeing of all of our young people, staff and families. We have recognised that through physical, emotional and creative activities we can support the recovery of the health of our children and to start to move forward positively in these challenging times. Physical Activity in its wider offer through a Black Country Rainbow Hour will help support and guide schools.

Ian Carey, Active Black Country Director added:

“Active Black Country are delighted to be working with Black Country Local Authorities and Education partners on this campaign. It is so important that schools are encouraged to put wellbeing at the heart of all learning for their pupils, whether they are back at school or learning from home. The Black Country Rainbow Hour is flexible in approach so schools can tailor it to their school day, through positive physical, mental, social and emotional companionship, challenge and fun. We want to support schools as much as we can during this uncertain time and the Black Country Rainbow Hour is a great way we can do this.”

Nicola Davis Executive Principal for Amethyst Trust, Wolverhampton commented:

“Our Trust is running a virtual school and we are really proud of the engagement of both students and staff. Our students and staff are fully engaged each day with, ‘Amethyst Happiness Hour’ that supports children’s and staffs emotional, social well-being and reflects the principles of the Black Country Rainbow Hour but in a secondary setting. It creates a real buzz within our communities including our parents; last week we reached 100% of our children and we were trending on Twitter!

In these unprecedented times of worry we need to remind everyone that happiness is not something readymade but comes from our own actions and it serves us all well to reflect and concentrate on our emotional and social well-being.”

Schools can download copies of the Rainbow Booklet and pledge their support to the campaign at www.blackcountryrainbowhour.co.uk

You can follow the campaign on social media - **#BlackCountryRainbowHour**

-ENDS-

Editors notes

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Active Black Country is a small committed partnership, operating as the strategic lead for Sport and Physical Activity across the Black Country region. They have a passionate belief that physical activity and sport can improve people's lives and that it is every resident's right to be physically active and play sport.

The partnership aims to create a healthy active region and get our 300,000 inactive residents active, keep them active and promote the Black Country region as a great place to live, work, learn and play.

The partnership's core purpose is to **understand** the regions communities and residents, **connect and collaborate** to align strategic priorities and **influence** policy and investment to get more residents active and realising the benefits of an active lifestyle.

For more information visit www.activeblackcountry.co.uk or follow on twitter **@BCBeActive**

ConnectEd Partnership is an inclusive, not for profit schools' company based in Wolverhampton whose vision is to improve educational opportunity and outcomes for all children and young people. It is a unique collaboration of over 100 schools and is managed by schools to provide an extensive and varied range of support through the core elements of membership – these include partnership working, procurement, provision of services, shared resources and expertise.

ConnectEd Partnership also benefits from an established Teaching School that provides a strategic framework for a school led system across Partnership schools and a nationally recognised unique physical activity and school sport team who work alongside strategic partners to develop physical education and sport programmes that will develop children and families, encouraging healthy and active lifestyles.

For further information visit: www.connectedpartnership.com

Physical Activity and School Sport (PASS) – Wolverhampton is a partnership which consists of 3 SGOs from the original Sports Colleges (Our Lady & St Chads, Smestow and Westcroft Schools) which sits within the City of Wolverhampton, ConnectEd Partnership, WASPs (Primary Sports Organisation) and SSAW (Secondary Sports Organisation). PASS supports every child within the city regardless of postcode to access PE, PA and School Sport.

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PRESS RELEASE – For Schools signed up to the Pledge

[Insert school name] signs up to support the Black Country Rainbow Hour

{SCHOOL NAME} is delighted to be part of the Black Country Rainbow Hour campaign. The campaign, launched recently, aims to provide all pupils across the Black Country with access to one hour of wellbeing and physical activity each day.

The campaign has been developed in partnership with the Black Country Local Authorities to ensure it can be taken Black Country wide with the concept evolving through the work of ConnectEd Partnership and School Games Organisers across the Black Country to ensure all young people get access regardless of postcode.

{SCHOOL NAME} is one of the first schools to pledge support.

In pledging support for the campaign, the school will talk to other schools about the Black Country Rainbow Hour and encourage all members and external delivery partners of the school to be involved.

INSERT QUOTE FROM SCHOOL

INSERT APPROPRIATE QUOTE FROM APPROVED QUOTES LIST

Any school from across the Black Country can get involved. Schools can download copies of the Rainbow Booklet and pledge their support to the campaign at www.blackcountryrainbowhour.co.uk

You can follow the campaign on social media - **#BlackCountryRainbowHour**

-ENDS-

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HEALTH AND SAFETY GUIDANCE

We want everyone who takes part in the #BlackCountryRainbowHour to be safe as well as enjoy it. **afPE** have produced the following guidance, and self-review tool for risk assessment, to support the Physical Education, School Sport and Physical Activity education workforce during this period which can be accessed [here](#). Key considerations and principles for schools include:

- Clean frequently touched surfaces
- Wash hands frequently as part of a clear hygiene regime
- Minimise contact
- Ensure good respiratory hygiene

Further to the above guidance when undertaking any activities either within the Rainbow Book or as part of the campaign the below should also be adhered to:

- Make sure that there is enough space around you (including overhead) for the activity you are doing
- If you can, do ball activities outside. If this is not in a garden, be sure to follow social distancing guidelines by staying two metres away from anyone not from your household.
- Make sure the surface is even and not slippery underfoot
- Make sure any equipment used is not too heavy or too large for children
- Ask children to wear appropriate clothing and footwear for the activity
- Tie back long hair
- Remove any jewellery
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated
- Do not work children to exhaustion
- If you are practising a skill, focus on good technique rather than the amount they can do

We will ensure all elements of the Rainbow Hour campaign will continuously follow all national and local guidance to ensure compliance and be deliverable in accordance with current social distancing legislation.

DFE Guidance for schools:

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/reopening-schools-and-other-educational-settings-from-1-june>

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